

### Cedar Rapids Invitational 2003

Yesterday we were challenged by heat, wind, hills and great competition. We responded with a dominating performance in our Fresh/Soph race, a solid victory in the Junior Varsity, and a narrow hard fought loss in the Varsity race. For the latter it is a wake-up call and a time to learn and grow ...not to despair. We will be stronger and better prepared when we meet West next time. Emily Funk ran an awesome Fresh/Soph race under the worst conditions and Ruhee deserves a lot of credit for her performance running alone most of the JV race. Hanna Meyer also stepped it up in the JV race. 16 Varsity Credits in a talented field of Varsity runners like this is a testament to our hard work and depth. Keep it up girls!

Place	<b>Varsity</b>	Time	PV	2002		<b>Junior Varsity</b>	Time	PV	2002
2	Nelle Trefz*	15:20			1	Ruhee Arora*	17:01		12
3	Jennie Funk*	15:37			3	Angie Rideout*	17:21		132
13	Abby Hall*	16:24		25	5	Brittney Zimmerman*	17:30	11	
17	Katie Lumpa*	16:36			9	Kate Rethwisch*	18:05		21
19	Maggie Leyendecker*	16:42		42	14	Hanna Meyer*	18:09	30	26
20	Drew Foreman*	16:47		23	18	Paige Towers	18:21		
28	Emily Gill*	17:23		114	19	Jess Paulsen	18:46	16	94
	<b>Fresh/Soph</b>				21	Kelly Sobaski	18:55		
1	Emily Funk*	17:15		19	26	Lesley Keely	19:00	32	1
2	Clair Anciaux*	17:27			37	Jessica Pringle	19:12		
3	Lindsey Diggelmann*	17:38			41	Rachel Wihelm	19:41	24	69
4	Samantha Sidwell*	17:49			50	Megan Hichwa	19:44		
7	Kera Bross*	18:10			57	Alyssa Lane	20:12		
10	Kelsey Mims	18:28			58	Zara Torosyan	20:13		
14	Sarah Zigenhorn	18:37			67	Abby Herlein	20:29		18
19	Alyse Riley	18:50			68	Shannon Triplett	20:29	3	
21	Ally Tippe	18:58			69	Genny Countryman	20:30		
23	Annie McKay	18:59			73	Julie Snider	20:32		
24	Elise Mozena	19:03			77	Rebecca Barloon	20:39		
39	Clara Hugill	19:37			92	Rachel Manuel	21:20		
42	Tiffany Schallau	19:46			97	Lara Voigt	21:29		
45	Jesse Gerot	19:52			99	Becky Wisely	21:31		
48	Claire Grady	20:02	25		110	Mollie Pratt	21:56		
52	Jessica Skay	20:16			117	Lindsey Schmidt	22:13		51
53	Valerie Mozena	20:18			125	Shauna McDonald	22:37		
54	Molly Sabers	20:18			126	Katie Murray	22:39	17	10
55	Nicki Zimmerman	20:19			127	Lindsey Honeman	22:42		
77	Corde Cmiel	20:52			128	Rachel Moore	22:47		
80	Libby Fredericks	20:57			132	Willa Cmiel	23:02		
82	Anna Olson	21:00			133	Amy Lithimane	23:16		
83	Katie Ovrom	21:01			138	Stacy Beyer	23:23		
90	Jaye Hobart	21:13			145	Maren Rottler	24:00		
91	Caroline Mills	21:14			148	Meera Gesner	24:06		
93	Breanne Hopkins	21:15			161	Emily Adamek	25:17		
118	Grace Barloon	21:54				<b>Fresh/Soph(cont'd)</b>			
125	Lucy Plaucher	22:20	→	→	->	Claudia Garcia	22:54		

Team: Varsity	West 53	JV	CHS 32	F/S	CHS 17
	CHS 54		West 45		West 73
	Ames 125		Bett 85		Ames 103
	Xavier 130		Wahlert 138		CR Ken 170
	Wahlert 169,PV 200		Ames 162,PV 169		Xavier 175
	12 others,101 runners		12 others,176 runners		8 others, 152 runners